



Coalition for Metabolic Health Charter

Mission: We aim to make metabolic health mainstream by advancing and amplifying high-quality nutrition science to drive policy, clinical care and public awareness.

Core Definitions: Metabolism refers to the body's ability to convert food and oxygen into energy through a set of biological processes. Good metabolic health means that the cells' mitochondria are efficiently transforming and using energy to power the body and mind. Poor metabolic health means that cells aren't properly fueled, leading to a host of mental and physical health problems.

Charter:

- 1) Food is medicine.
- 2) Metabolism is a foundation of physical health and mental well-being.
- 3) Metabolic dysfunction is a primary driver of chronic disease worldwide.
- 4) Improving metabolic health through dietary and lifestyle change is the most powerful lever for dramatically improving the health of the population.
- 5) Many chronic diseases are preventable, treatable, and/or reversible through dietary and lifestyle changes that improve metabolic health.
- 6) Insulin resistance is a common early signal of metabolic dysfunction that can contribute to, and often accompanies, the development of chronic disease.
- 7) The science of metabolism is rapidly evolving, and the practice of modern metabolic medicine must also continuously evolve to take advantage of new scientific understanding.
- 8) Identifying and addressing metabolic dysfunction should be a primary focus for most medical specialties.
- 9) The training required to diagnose and treat metabolic dysfunction should be a standard part of medical training for physicians, nurses, dietitians, and other clinicians.
- 10) Thorough metabolic assessments, including the measurement of insulin resistance, should be part of standard medical exams.
- 11) Americans should have access to devices like continuous glucose and ketone monitors that can help them, in partnership with their healthcare provider, understand over time how food and other environmental factors are impacting their unique metabolism.
- 12) Americans should have affordable and reliable access to foods and food environments that support metabolic health.
- 13) Therapeutic carbohydrate reduction and nutritional ketosis are currently among the dietary strategies supported by the strongest evidence for sustainably stabilizing blood glucose and reducing insulin resistance.
- 14) Sustainable nutritional interventions that improve metabolism should be offered as first-line therapy in standard medical practice for both mental and physical disorders.
- 15) Pharmaceuticals like GLP-1 agonists can play a role in treating metabolic dysfunction.
- 16) Patients have a right to be educated about – and offered assistance with adoption of – evidence-based nutritional interventions that can act as alternatives, adjuncts, or off-ramps for pharmaceuticals.

We do not accept funding from for-profit entities.